

Ergonomics Walkthrough Worksheet

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Plant Location/Department _____

Evaluated by and Date _____

Use this worksheet when conducting an ergonomics walkthrough. Observe each task/job and check associated risk factors as described. This is your first step in the process of categorizing task/jobs and/or departments for an in-depth ergonomics evaluation.

Task/Job	Hands, Fingers & Wrist				Neck & Shoulder			Elbow & Arm				Back					Legs & Knees				Environment Other Considerations						
	Force-Grip-Impact	Repetition	Awkward-Posture	Vibration	Force-push/pull	Repetition	Awkward-Posture	Vibration	Force	Repetition	Posture	Vibration	Force-push/pull	Awkward-Posture	Heavy	Vibration	Lift below waist/above heart	Repetition	Awkward-Posture Squatting	Awkward-Posture Kneeling	Knee Impact	Awkward-Posture Foot Pedal	Temperature	Noise	Slipperiness	Lighting	Knobs-switches
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2)																											
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Comments